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PRIVACY IS IN SHORT SUPPLY THESE DAYS. IN DAY 1 OF OUR 3-PART SERIES, METRO TALKS TO HACKERS WHO WANT TO HELP YOU KEEP WHAT'S LEFT OF YOURS PAGES 6 & 7

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GET THAT BOOM BOOM POW

Lisa Ziegler, general manager with the Regina Riot women's football club, plans to hold training camps in three southern Saskatchewan cities this spring in a bid to attract more female players to the contact version of the sport. Story, page 3. MARCO VIGLIOTTI/METRO

Mother, daughter charged with murder after fire

City's second homicide of 2014. 53-year-old man was found dead March 23 in North Central home after fire crews put out blaze

SARAH TAGUIAM
sarah.taguiam@metronews.ca

A Regina mother and daughter have been charged with second-degree murder in connection with the homicide of a man whose body was found in a fire-gutted North Central house last month.

The body of 53-year-old Ray Allen Yacevich was discovered by firefighters at the house at 1450 Wascana St. on March 23, after they extinguished the blaze.

Yacevich's death is the second homicide in Regina this year, city police say.

Rosalyn Faye Wilm, 41, and her daughter Sarah Dawn Louisa Wilm, 22, both of who resided at the house with Yacevich, were charged after they were tracked down by police on Monday in the Kamsack district, about 270 kilometres northeast of Regina.

Initially sought by police for information, both women were located there by RCMP.

Neither the Regina police nor RCMP could share details on Tuesday on how the women were tracked down.

"I don't know specifically where they were found, but I would assume at a local residence," Elizabeth Popowich, spokeswoman for the Regina Police Service, told Metro.

"I'm not 100 per cent sure in the intricacies of the arrest.... All I know is that Kamsack RCMP assisted in locating them," said RCMP spokesman Sgt. Craig Cleary.

The women's specific connection to Yacevich is unclear, police said.

"They were all residents of the same household, but I don't know what relationship existed in the household," Popowich said.

"We haven't really much to say once charges are laid."

Ongoing investigation

- The women appeared in provincial court in Regina on Tuesday afternoon. They will remain in custody until their next court appearance.
- The Regina police major crimes unit continues to probe the incident.

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Complaint

Cop accused of misusing surveillance video

A Regina television station says it's learned an investigation is underway after a complaint about a senior city police officer who allegedly used police resources to identify an anonymous tipster.

CTV says the complaint was filed by Andrea MacMurray, whose two young daughters are enrolled in the Regina Optimist Dolphin Swim Club.

MacMurray says she anonymously faxed a Dolphin auditor after the club went months without posting financial statements, and that she was later confronted by the club's director about surveillance video of her sending the fax from a shopping mall.

She went to the privacy commissioner and later heard that police had obtained the video.

A complaint she filed with the Public Complaints Commission accuses the officer of improper disclosure of information, neglect of duty and discreditable conduct.

The commission's findings were presented to police Chief Troy Hagen two weeks ago, but have not been made public.

Hagen has yet to make a decision on the matter.

THE CANADIAN PRESS

Industry

Fire kills 3,500 young pigs at Big Sky Farms

Thousands of piglets are dead after a fire at one of the largest hog production companies in Canada.

Olymel says about 3,500 piglets aged three to 10 weeks old died in the fire Monday at its subsidiary, Big Sky Farms, near Lanigan.

Smoke was coming out of the eves of the barn when emergency services arrived, but the fire soon engulfed the building.

RCMP initially said about 4,500 young pigs were killed, but Olymel revised the number.

No people were injured and Olymel says the handful of workers at the barn will be moved to other jobs.

The cause of the fire is under investigation.

THE CANADIAN PRESS

Food bank opens low-cost grocery store to the public

Village Market. Facility selling discounted items had previously served only food-bank patrons

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The Regina Food Bank officially opened the doors of its Village Market Grocery Store to the public on Tuesday, offering lower prices on goods that had been sold only to food-bank clients.

In its third year of operation, the store sells marked-down groceries including milk, produce, meats and essential household items.

"When we started we restricted it to people who were receiving charitable services, but we got a lot of people from nearby neighbourhoods and some who were on the verge of stretching their household income, asking us to open it to the public," said Regina Food Bank CEO Steve Compton.

The Village Market is open from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m. on weekdays.

Following its unofficial opening in late February, Compton said, about 100 non-food-bank members have visited the store.

Kristeen Schaeffer has shopped twice at the supermarket.

"I try to come here because things are cheap and it saves a lot of people money," said Schaeffer, who has saved several dollars on milk and crackers.

According to volunteer co-ordinator Harla Wilcox, the Village Market orders its products from suppliers who deal with Safeway. It restocks grocery supplies weekly.

"Our prices here, however, are much cheaper because our goal is not to make a profit but to feed people and give them good food," Wilcox said.

Standard grocery items such as a loaf of bread, two litres of two per cent milk, one pound of ground beef and 10 pounds of potatoes are priced at $1.40, $2.55, $3.25 and $4, respectively, at the Village Market. The average retail prices elsewhere for these items are $2.15, $3.43, $4.59 and $5.61, respectively.

Compton said they hope at least 1,500 people from the general public begin using the store by the end of the year.

Kristeen Schaeffer has shopped at the Regina Food Bank's Village Market Grocery Store twice, and says she hopes the store will continue to be open to the public. SARAH TAGUIAM/METRO

Committee to mull waste-to-energy facility

Regina could join a rapidly growing list of cities in Canada seeking to turn a profit by transforming energy produced at their landfills into electricity.

The city's public works and infrastructure committee will debate a motion on Wednesday authorizing $5 million in funding to build and operate a waste-to-energy facility at the Fleet Street landfill.

"That's all the up-front money that needs to be spent to get this operational," Lisa Legault, director of open space and environmental services with the City of Regina, said of the $5 million.

The motion would also give municipal administrators a green light to negotiate on behalf of the city to sell electricity produced through the garbage to SaskPower at a preferential rate over a 20-year span, as part of the provincial utility's Green Options Partner (GOP) program.

Regina was awarded the opportunity to participate in SaskPower's GOP scheme after winning a lottery in 2011. The program, though, was suspended in 2012.

SaskPower, however, has agreed to honour the city's application with the understanding that a power-purchase agreement is to be finalized no later than June 30.

Administrative staff estimate the city could earn more than $21 million — about $7.1 million in surplus — during the 20-year term.

In 2007, Regina constructed a landfill gas-collection system to gather and combust methane produced from decomposing organic waste.

The conversion of methane-rich landfill gas to carbon dioxide reduces the environmental impact of the dump, according to a report by city staff.

The city, in turn, earns carbon-offset credits for reducing emissions. MARCO VIGLIOTTI/METRO

Province invests in Microsoft tech for First Nations schools

Education Minister Don Morgan, left, and Bobby Cameron, vice-chief of the Federation of Saskatchewan Indian Nations, announce a $120,000 investment to equip First Nations schools with up-to-date Microsoft software.
JACOB MORGAN/METRO

Education. Minister hopes better software access will result in improved aboriginal employment

JACOB MORGAN
Metro in Saskatoon

It's difficult to imagine landing a desk job these days without a firm grasp of such basic Microsoft products as Word, Excel and PowerPoint.

That's why the Saskatchewan government has made a $120,000 investment to include First Nations schools in the Microsoft Licensing Agreement.

"This is an announcement that will provide software across all the First Nations in the province in their schools," Education Minister Don Morgan said on Tuesday in Saskatoon.

"It will allow them to be able to teach their students on the most current software."

Morgan added that he hopes the increased computer literacy will lead to better employment for First Nations people, encouraging young students to continue with post-secondary learning.

Donald Dore, senior systems manager with the Prince Albert Grand Council, said the new programs are ready for installation as soon as the licences are finalized.

"Having access to these licences frees up some cash for the schools and makes sure that everybody is licensed properly with the newest and greatest software from Microsoft," said Dore.

Right now, Dore said, a scattershot range of programs is used at reserves, and that makes it difficult for students and teachers to seamlessly transition between institutions.

But first, he added, all computers must be updated to Windows 7 before Microsoft cuts off service for its XP operating system, which some communities may find challenging.

"With the machines that we have in the schools, we might not be able to move up," said Dore. "I've seen Windows 98 still running."

Inadequate hardware and slow Internet speeds present other issues. Morgan said the province is working with SaskTel to develop a strategy for better and more comprehensive connectivity.

Bobby Cameron, vice-chief of the Federation of Saskatchewan Indian Nations, said new hardware may not come until 2016, when the federal government's promise of additional funding kicks in.

The Microsoft Licensing Agreement commitment is the result of a joint task force recommendation. The province allocated $6 million to the task force on First Nations education and employment in its 2014-15 budget.

Regina women's football team looking to grow game

In football-mad Saskatchewan, passion for the gridiron extends far beyond the famous, green-clad Roughriders.

And that fervent support provides fertile terrain for the growth of women's contact football.

"Football for girls is really growing. Last year it grew upwards of 11 per cent in flag and touch," Lisa Ziegler, general manager with the Regina Riot of the Western Women's Canadian Football League (WWCFL), told Metro on Tuesday.

"For it to grow in tackle football, it's really exciting."

That kind of growth has been seen in places such as Prince Albert, Ziegler said, noting that 15 girls there have applied for their high school football team.

The Riot are trying to attract even more young women to the sport by hosting training camps in three southern Saskatchewan cities this spring.

The club will take over the Yara Centre in Moose Jaw on April 12, before heading south to Estevan and Weyburn for events on April 26 and 27, respectively.

"We've decided to do a road trip to promote young girls staying in football," Ziegler said.

"They've really embraced the concept of us coming to their towns. Quite a bit of hype has been stirred up."

The Riot, she explained, are beginning to garner attention from prospective players outside Regina.

"Over the last couple of years, we've seen girls — from Weyburn, Estevan and Moose Jaw — as young as 12 years old come to our fall camp," Ziegler noted.

"We want to go out and reach out to those communities that have been coming to us."

The Riot are making waves not only in southern Saskatchewan, but across the WWCFL. The Regina team is the first in the league to visit outlying areas in an effort to spread the game. MARCO VIGLIOTTI/METRO

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See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of the N.L. storm — and remind yourself it's April.

Pain or prison: Medical pot users say government is making them choose

'It's unconscionable.'
Protesters convene on Parliament Hill to protest being 'forced' to choose between 'basic health' and 'liberty'

Cannabis activists hold a rally on Parliament Hill in Ottawa on Tuesday to protest the government's new medical marijuana regulations. SEAN KILPATRICK/THE CANADIAN PRESS

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users to continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value of cannabis products are speaking out against the regulations.

Quoted

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty."

Debbie Stultz Giffin, MS sufferer and medical-pot user

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with multiple sclerosis.

"It's unconscionable."

Alison Myrden, who also lives with the debilitating effects of multiple sclerosis, said she relies on medical pot every single day. The new regulations would mean a substantial increase in the cost of the drug, and potentially create supply problems as well, she said.

Ottawa is trying to take away the "God-given right" to grow cannabis to relieve pain symptoms, Myrden said.

The number of people authorized to possess — and frequently grow — marijuana under the old federal program climbed to 37,000 this year from fewer than 100 in 2001.

Several patients permitted to cultivate their own pot, or serve as a designated grower for someone else, say the planned new system denies ill Canadians a safe, affordable supply of medical marijuana.

Some say they can grow at home for pennies a gram, while official suppliers licensed by Health Canada charge anywhere from a discounted price of $3 a gram to as much as $13.50.

"It would cost me $60,000 (annually) to purchase cannabis through one of the licensed producers," said Stultz Giffin, a founder of a group of pot activists known as Maritimers Unite for Medical Marijuana.

"And I live on under $30,000 a year."

THE CANADIAN PRESS

'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS

Chile. Huge earthquake hits off coast

A powerful magnitude-8.2 earthquake struck off Chile's northern coast Tuesday night, and authorities ordered an evacuation of coastal areas in case of a tsunami. There were no immediate reports of injuries or damage.

The U.S. Geological Survey said the quake struck 99 kilometres northwest of the city of Iquique, shaking a region that has been rocked by numerous quakes over the past two weeks.

The latest tremor also shook buildings in parts of Bolivia and Peru. Waves measuring almost two metres struck cities on the northern coast.

Local TV images showed residents evacuating calmly, despite a tsunami being expected to reach nearby cities.

The Pacific Tsunami Warning Center issued an alert for all of Latin America's Pacific coast.

THE CANADIAN PRESS

Cancer society kicks off Daffodil campaign

Seven-year-old cancer patient Michael Meehan adjusts Gov. Gen. David Johnston's tie during a ceremony in the greenhouses of Rideau Hall marking the beginning of the Canadian Cancer Society's Daffodil campaign, Tuesday, in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Your cellphone is not killing you, panel says

Inconsistent studies. Group recommends more research to see if there's a link between radiofrequency waves and cancer

Federal guidelines that spell out safe exposure levels of radiofrequency waves emitted by cellphones and other wireless devices appear to be mostly adequate, but research to clarify the potential risk of cancer should be aggressively pursued, an expert panel recommends.

The Royal Society of Canada panel issued its report Tuesday on Health Canada's Safety Code 6, which sets out limits on exposure to radiofrequency fields aimed at protecting the health of workers and the general public.

Reaction to report

Canadians for Safe Technology, a non-profit group whose stated goal is to educate Canadians and policy makers about the dangers of exposure to unsafe levels of wireless radiation, reacted angrily to the report.

- The group accused the panel of siding with the wireless industry and ignoring scientific data warning of health risks.

The panel was asked to recommend changes to the code following a review of the latest research on adverse health effects linked to radio waves from mobile phones, Wi-Fi equipment, cellular phone towers and TV/radio broadcast antennas.

"The conclusion of the panel was that the Safety Code 6 limits are science-based and are designed to avoid all known hazards of radiofrequency radiation," said panel chair Paul Demers, director of the Occupational Cancer Research Centre in Toronto. "And we do not believe at this time that additional precautionary measures should be introduced directly into the exposure levels or limits." THE CANADIAN PRESS

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See that symbol? It means you can scan this image with your Metro News app to see why hacking on the big and small screen looks fun, but is not very accurate.

Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.

You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."

Hacking your world: Day 1 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: When the government spies on you

In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from The Girl With The Dragon Tattoo. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

Stay safe out there

Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Modern life's Catch-22

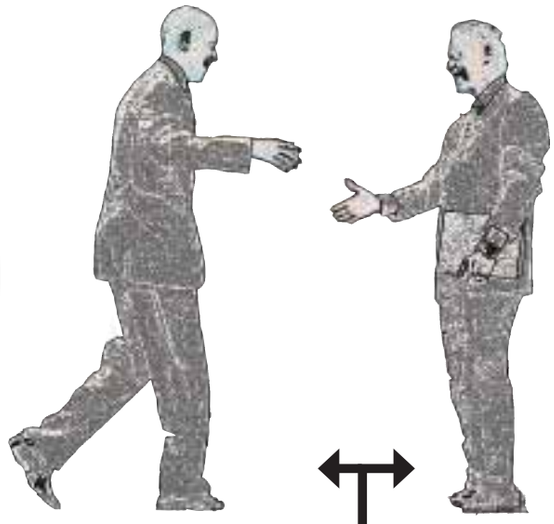
"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues

Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of $1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.
- Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- **While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.**
- **One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi**

Social hacking

A hacker made off with $100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they should ask for ID, but they don't.
- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.

Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.

Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.

Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

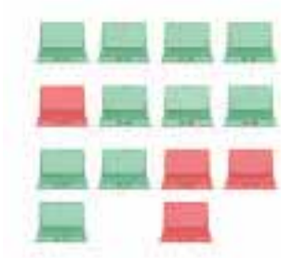


PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and waiting hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA

Ethical hacker Leigh Honeywell
VINCE TALOTTA /TORSTAR NEWS SERVICE

NATO to reinforce eastern defences, cuts Russia links

Foreign ministers meeting. Unanimous agreement to end all practical civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Vladimir Putin's Russia, though they made sure a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S. and European security since the end of the Second World War, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula, which the Obama administration and its allies condemn as a brazen, illegal land grab.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

"And more U.S. support is on the way," Kerry said.

THE ASSOCIATED PRESS

Ukraine's Foreign Minister Andrii Deshchytsia, left, speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLET/THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

"This is exactly what Canada did weeks ago. It's not going to be business as usual so we're suspending all civilian and military co-operation with the Russian Federation," Baird told The Canadian Press from Brussels.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's unilateral annexation of Ukraine's Crimean Peninsula. The minister said capacity building, tactical support and beefing up assets are among them.

"We think a strong response is necessary," he said. THE CANADIAN PRESS

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Starbucks finds

Americans love sliced cake loaves

Starbucks is learning that people really like their sliced cake loaves in the U.S.

The Seattle-based coffee company says it will start bringing back its cake slices in response to customer feedback.

The company had been getting rid of the slices that came in banana, iced lemon and pumpkin flavours as part of a staggered rollout of its pricier new baked goods. In their place, Starbucks offered what looked like miniature loaves that cost $2.45 US, an increase of 20 cents.

THE ASSOCIATED PRESS

Call for boycott

OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported California's former gay marriage ban.

Mozilla, the non-profit maker of Firefox, infuriated many employees and users last week by choosing co-founder Brendan Eich to lead the Mountain View, Calif., company.

In 2008, Eich gave $1,000 US to the campaign to pass California's Proposition 8.

THE ASSOCIATED PRESS

Cost to fix ignition just 57 cents: GM

Penny wise, pound foolish? It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents US, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

THE ASSOCIATED PRESS

Recall background

Since February, GM has recalled 2.6 million cars over the faulty switch.

- The automaker said new switches should be available starting April 7.
- Owners can ask dealers for a loaner car while waiting for the replacement part. Barra said GM has provided more than 13,000 loaner vehicles.

Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks. HOLLY RAMER/THE ASSOCIATED PRESS

Momentum building. Factory sector improves

Many indicators are pointing to a stabilization and even modest improvement in Canada's troubled factory sector after more than a decade of stagnation and decline, a turnaround that, if sustained, could bolster Ontario's economy.

On Tuesday, the Royal Bank reported its manufacturing purchasing manager's index (PMI) rose to 53.3 in March, up from 52.9 per cent in February, and the second gain in as many months.

THE CANADIAN PRESS

Airbnb. Find a place to stay ... plus 14% tax in San Fran

Online home rental service Airbnb has agreed to pay San Francisco's 14 per cent hotel tax, addressing at least one concern of critics who say the company is flouting regulations.

Under the plan, Airbnb would collect taxes directly from guests as an extra charge on their bill — the same way hotels do, the San Francisco Chronicle reported on Monday. For example, a guest staying in a $100 US-per-night Airbnb room would pay an extra $14 a night. THE ASSOCIATED PRESS

Couples say yes to smartphone wedding apps

Just downloaded an iPhone app that organizes invitations and photos, or helps you shop for a diamond ring?

There's a wedding for that.

Smartphone and tablet applications are part of many weddings today, from the initial planning to the honeymoon. The hectic pace of life has encouraged the trend, says Leila Lewis, an industry expert and founder of Inspired By This, a wedding website.

"In this day and age, the digital bride is planning the wedding on the go, which means planning from a phone or tablet," Lewis says.

"Brides want to be planning, searching and experiencing weddings conveniently. They want quick access to an abundance of information, and that's what apps and technology provide."

The proliferation of wedding apps can make choosing which ones to use overwhelming. Here are a few worth noting:

Appy Couple screenshots

Appy Couple
Sharmeen Mitha-Sehgal created this app after the nerve-wracking experience of trying to keep track of her sister's wedding itinerary — a wedding in Mumbai, India. Appy Couple aims to provide all wedding-related services on one platform. It helps manage RSVPs, send email invites and create a schedule of events. Guests can use it to book travel, share photos and submit song requests to DJs.

Wedding Party
One of the apps designed to boost the experience of the day itself by allowing guests to use their phones to share photos, videos and comments.

WedPics
This app lets couples create personalized photo albums of all the events surrounding their nuptials, from bridal showers to honeymoons, using pictures and videos uploaded by friends.

THE ASSOCIATED PRESS

FOR LIFE'S AWKWARD MOMENTS

JUST SAYIN'

Paul Sullivan
metronews.ca

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of The Awkward Human Survival Guide.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz … and "How to Tell Someone You Don't Like Them," an excerpt from The Awkward Human Survival Guide.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in The Awkward Human Survival Guide for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

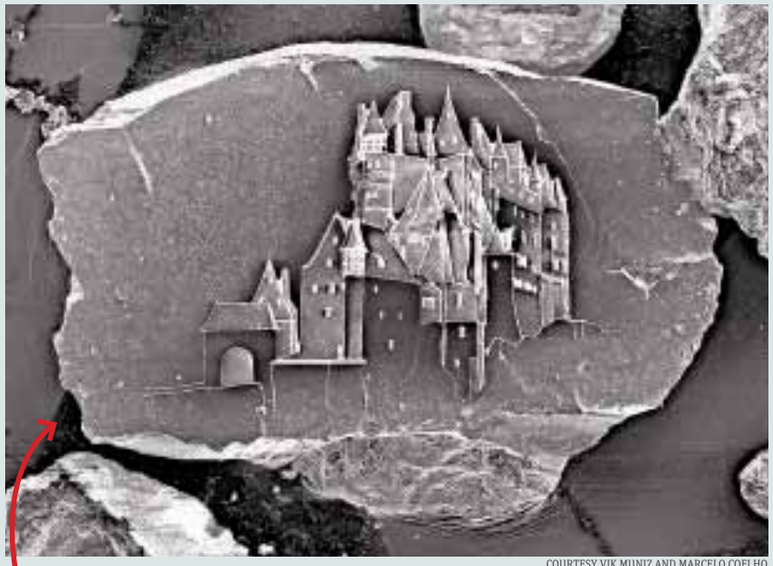
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. METRO

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

Vik Muniz

Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. METRO

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MetroTube

Cats react to cat videos by … licking themselves

ANDREW FIFIELD
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty Fine Brothers of Kids React To Viral Videos fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."

metro

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See that symbol? It means you can scan this image with your Metro News app to see a gallery of behind-the-scene photos from the Captain America: The Winter Soldier set.

Superhero by Cappy accident

Character study. Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film

IN FOCUS
Richard Crouse
scene@metronews.ca

Chris Evans and Scarlett Johansson in Captain America: The Winter Soldier. CONTRIBUTED

Captain America, played by Chris Evans in this weekend's superhero flick Captain America: The Winter Soldier, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Captain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evildoer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like Blade of Wrath and Vault of Vengeance — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain America was featured in another story shot for the big screen. In 1990's Captain America, Cappy is played by Matt Salinger, son of author J. D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In Easy Rider, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

SCENE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Evans

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." **METRO WORLD NEWS**

The Rolling Stones back on the road following the death of Jagger's girlfriend

The Rolling Stones are resuming a world tour after postponing several dates in the wake of the death of L'Wren Scott, girlfriend of singer Mick Jagger. The band has announced new shows in Europe, starting May 26 in Oslo, Norway.

The band called off a tour of Australia and New Zealand after Scott was found dead on March 17. The New York City medical examiner's office ruled her death a suicide.

L'Wren Scott

THE ASSOCIATED PRESS

Saskatchewan Liquor and Gaming Authority - Liquor Permit ADVERTISING FORM

Under the provisions of The Alcohol and Gaming Regulations Act, 1997

Notice is hereby given that Julieanne Lee Bimson has applied to the Liquor and Gaming Authority for a Special Use - Salon/Spa Permit to sell alcohol in premises known Wicked Nail Bar at 6827 Rochdale Blvd. Regina, SK.

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Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

The Word

Men or women? Miranda doesn't Kerr

MELINDA TAUB
Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, however — a nice strong chest to lie on." So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.

Rihanna

Chris Martin ALL PHOTOS GETTY IMAGES

No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's $10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four layers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. **METRO WORLD NEWS**

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@tyrabanks
So U know when U have this ridiculously big purse & U stuff it with things U use only never...

@josswhedon
AAH! MEEE!!!! Me and a lot of my friends on you!!!! -spider nightmare

@rosemcgowan
I will haunt your dreams

Rihanna won't be Taking a Bow in a Tyler Perry movie

Rihanna is looking to continue her movie career, but it apparently won't be with Tyler Perry — and it's all because of a warning from the late Whitney Houston.

"Although Tyler has been courting Rihanna for a year and a half, hoping to build a movie around her, she has rejected the idea," a source tells Radar Online. "Rihanna has pointedly avoided meeting with him."

Her reason? Apparently the Battleship star had a chance encounter with Houston at a party before her 2012 death and Rihanna took the opportunity to quiz Houston on her thoughts about Perry's work.

"Whitney put her off Tyler by warning her bluntly that Tyler's films are for fading black stars, not rising ones," the source explains.

METRO WORLD NEWS

See that symbol? It means you can scan this photo with your Metro News app to see more photos of Andrew John Virtue Dobson's tour of the island.

Making the most out of a meandering Maui road trip

Conquering the coast. Verdant views and luxury eats are just a few of the things awaiting you on this epic adventure

ANDREW JOHN VIRTUE DOBSON
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Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO

Widely trumpeted as the world's most glamourous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Luxurious Wailea

Upscale Wailea offers golf courses, glamourous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheese-making process, finishing with a sampling of the dairy's award-winning chevre- and-chocolate truffles. A stone's throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'I Kula Lavender Farm which offers guests an opportunity to purchase a variety of sweet-smelling beauty products and epicurean treats. Be sure to soak in the sun on their café patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Maui boasts some of the most beautiful views in the world.

Feast at Lele

In the heart of Lahaina, a few steps from the calm lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific.

They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

Tackle the market on your own terms

The luck of the drive. Create your own career karma with a do-it-yourself attitude

SIDNEYEVE MATRIX
TalentEgg.ca

Instead of waiting for opportunity to knock, why not get out there today and create it yourself?

To configure your own personal professional development plan — a custom fit for where you want to be at work — the key is developing a laser sharp focus.

Deciding what you want to be doing, where you want to be doing it, and pin-pointing exactly what it's going to take to get there, requires considerable inspiration, reflection and research.

But let's face it, unless you have the budget to hire a career or life coach, it's up to you to create your career and set yourself up for the opportunities you most want.

To determine what knowledge you may need to succeed, ask people working in your target sector which skills they wish they had right now. ISTOCK

Here are three DIY opportunities that allow you to take the initiative and open doors for yourself.

Get insider industry intelligence

The challenge:

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

The prerequisites:

You're persistent, well-prepped with smart questions and have above-average communication skills — including active listening. Remember, busy people may be more inclined to meet if you have a mutual acquaintance.

Expand your referral network

The challenge:
Once weekly, line up a lunch date with someone in your extended professional network — including your loose ties online.

People get jobs because of who they know. Networking doesn't end once you have made a connection; it's an active and ongoing process.

The prerequisites:

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

Develop your skills portfolio

The challenge:

Add another line to your resumé by mastering a unique and in-demand job skill.

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

The prerequisites:

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

THIS ARTICLE IS EXCERPTED FROM SIDNEYEVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

Cognitive concepts turned on their head

Research in remembering. Think you can cram and kill that test every time? Think again. But this time think really hard.

JANE BORDEN
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of Make It Stick: The Science of Successful Learning.

The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis, MO.

They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

"When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear," he said.

For example, rereading texts won't really help you learn, and neither will repeatedly practicing tasks. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?
The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the answer is.

How does that work?
When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

So the brain folds information into what is already stored?
And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become more prominent and the paths to the knowledge are strengthened. But the key to this is effort. It's arduous retrieval practice that strengthens learning.

And when you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering any of them, you are in fact building more complex neural connections and a more versatile ability to recall and apply the learning later.

Restaurant classic comes to your table

Beef Fajitas. Beef and vegetables are cooked together in this recipe for an easy supper

DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

FLASH FOOD

From your fridge to your table in 30 minutes or less

However, don't be afraid to use tortillas in other ways like as a pizza base with simple toppings to enjoy with a salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 striploin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)

1. In large non-stick skillet, heat oil over medium-high heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

2. Return skillet to medium heat and cook onion, garlic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until tender crisp. Add pasta sauce and cook for 5 minutes. Return beef to pan and cook until heated through.

This recipe makes two or three servings. EMILY RICHARDS

3. Place the meat-vegetable mixture in centre of a tortilla and dollop with some of the sour cream, if using. Roll up and then repeat with the remaining ingredients.

RELAY FOR LIFE
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relayforlife.ca/sk

Cristiano Ronaldo has scored his fair share of pretty goals on the pitch with Real Madrid and Portugal. He also looks good off the field with girlfriend Irina Shayk on his arm. Scan the image below with your Metro News app to vote on the hottest couples in sports.

SPORTS 4

A skate to Olympic gold on one foot

The secret's out. Wickenheiser reveals she played in the Sochi Olympics with a broken foot

Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I"ve had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I can avoid having that surgery, hopefully.

"I knew it was broken at the time (of Olympics), we just found out it was a little more serious break than we thought. It was just managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or mention of it prior to the Sochi Games or even after Canada's dramatic come-from-behind 3-2 overtime victory over the U.S. in the gold medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the boot for the last two weeks, with six more to go.

"After the Olympics ... it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot.

"My medical team was really good with treatments to keep the swelling down. I just did a lot of things on one leg and tried to minimize the pounding on my foot in order to be able to get through the games. Now I've had the chance to see where the damage is and with a couple of months' rest, I should be fine. I wasn't able to rest it before."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes.

Ironically, skating wasn't painful for Wickenheiser because of the support the skate boot provided her injured foot.

"It wasn't too bad," she said. "But the running and training we had to adjust."

THE CANADIAN PRESS

Quoted

"I just did a lot of things on one leg and tried to minimize the pounding on my foot,"

Hayley Wickenheiser
Team Canada women's hockey gold medalist

Wednesday's Metro AR poll

GETTY IMAGES

Metro AR poll results

50% Metro News readers voted the New York Islanders' 15-year, $67.5-million contract to Rick DiPietro the worst from our list of bad contracts. Here's how the rest of the underperformers fared :

19% Dion Phaneuf (7 years, $49M, 2013)

13% Gilbert Arenas (6 years, $111M, 2008)

6% Miguel Cabrera (10 years, $292M, 2014)

6% Ricky Romero (5 years, $30.1M, 2010)

6% Michael Vick (10 years, $137M, 2004)

Rick DiPietro GETTY IMAGES

Debankify and score better seats.

President's Choice FINANCIAL

Save up to $200 yearly with a no fee bank account.

That's just good banking.

Savings comparison based on the fees for limited and unlimited transaction account packages and one order of cheques as offered by the major Canadian banks as of January 1, 2014.
®Loblaws Inc. Used under licence. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

Downsizing (without downsizing)

Bentley Continental GT V8. This sleek luxury ride offers 40 per cent better fuel economy without making any compromises

MALCOLM GUNN
wheelbasemedia.com

Ford is introducing a turbocharged 1.0-litre three-cylinder engine in its lineup. Mini is also putting in a three-cylinder for 2014.

Bentley? This luxury brand can't expect a 1.0-litre engine to move a big high-performance machine with any authority at all. But that doesn't mean that fuel consumption is not top of mind.

A socially responsible luxury car nudging $215,000 might seem like a contradiction. Maybe even an impossibility. You might even laugh at the notion.

But apparently rich people also want to feel a bit better about the dent they're putting in Mother Nature's front bumper. At least that's Bentley's spin on the two-door Continental GT V8 that drops four pistons from the program and picks up 40 per cent fuel economy while giving up very little, if anything, when it comes to performance and luxury.

That might be what a Bentley customers consider a "green" solution, but the bottom line is that it's still a 500-horsepower twin-turbocharged 2,300-kilogram coupe with all-wheel drive. And on this afternoon at Circuito de Navarra in northern Spain, fuel economy and social responsibility are the furthest thing from everyone's mind.

The V8 engine gives away 67 horsepower but just 29 pound-feet of torque to the 12-cylinder model while the absence of four cylinders provides a weight savings of 25 kilograms over the front wheels and 50 kilograms overall. More importantly, the Continental's weight bias has shifted to a more balanced 51/49 front/rear ratio compared to the 54/46 for the 12-cylinder car.

On the track and the nearby two-lane highways, the V8 feels lighter on its feet, which makes the car more composed and responsive when cornering. The big coupe really does go where it's pointed with minimal objections from the front suspension.

Bentley's stopwatch numbers indicate a zero-to-100 km/h time of 4.6 seconds for the V8, barely two-tenths slower than the 12-cylinder car. The claimed 300 km/h top speed is 15 slower than its stable mate, not that it really matters to the vast majority of buyers who will seldom travel at even half that speed.

The convertible has the same mechanicals as the coupe, but the steering is lighter to suit the cruiser crowd. ALL PHOTOS WHEELBASE MEDIA

Distinctive looks

Visually, the V8 distinguishes itself with its front air dam and matte finish mesh-type grille. Yes, it's a subtle difference, but it's more in keeping with the coupe's sporty character. Also noticeable are the distinctive standard and optional 20-inch wheels, and the front and rear winged Bentley logo with a red background. There are coupe and convertible models of the V8, the latter called the GTC.

The Continental GT's brake rotors are the biggest on almost any passenger car.

The 4.0-litre V8 is down just five per cent on peak torque when compared to the 12-cylinder model.

The raspy-sounding 4.0-litre V8 was jointly produced with VW's Audi division, where its derivatives are installed in the S7 and S8 sedans. However, Bentley took its own path in developing the engine's innards, including the addition of cylinder deactivation that shuts down half the pistons under light or no-load conditions to reduce fuel consumption. Another fuel-saving measure is the eight-speed automatic transmission (two more cogs than the 12 cylinder) that comes with manual shift controls plus its own separate coolant circulation system.

If you're into spirited driving, or a track day, make certain you select the virtually fade-proof carbon ceramic brake pad option for the massive 16-inch front rotors and 13-inch rears.

Socially responsible? That depends on which end of the buying spectrum you're coming from.

Tooling around the Spanish countryside in both models gives one pause as to how the car might be received in a land where one-quarter of its workforce is unemployed. However those concerns were dispelled while rumbling through one village where an elderly gent raised his cap at the passing parade of opulence and with a broad smile bowed in salute.

It might not be a Prius, a Volt or a Leaf, but the Continental GT V8 is a car that delivers driving passion, luxury and prestige to a select group of buyers who can also feel a bit better about their choice.

Tacoma offers a smart and solid pickup option

Second gear.
2005 to 2013
Toyota Tacoma

JUSTIN PRITCHARD
drive@metronews.ca

PHOTO: PROVIDED

It's hard to deny the wholesome sensibility of owning a little Japanese pickup truck — and few are more popular than the Toyota Tacoma.

Tacoma has a proven reputation for being capable, thrifty, reliable, and even a bit on the sporty side. Look for a plethora of combinations in the used market — including no fewer than three body styles, two engines, two drivelines and a range of options, packages and trim.

The test drive

If opting for a 2009 or later model, confirm full functionality of the stereo system, including volume control. Numerous owners have reported wonky stereo head units that fail to respond to volume adjustments, won't power on, or turn themselves off right in the middle of your favourite Eagles tune.

Confirm proper operation of the air conditioner system — as a bad condenser may render the AC system useless.

While cruising, attempt to focus on the front and rear differential of the Tacoma with your ears, listening for any unwelcome rubbing or whining sounds. Some owners have reported differential problems, especially relating to the front differential.

Be sure to 'feel' the Tacoma's automatic transmission for signs of hard shifting, particularly at light to moderate throttle and between first and second gear. Hard shifting could be caused by a number of things — including low transmission fluid, the need for revised transmission computer programming, or potential transmission damage. Transmission gripes seem limited mainly to early models in this generation, and are relatively rare.

What owners like

Typical Tacoma owners report a comfortable ride, a truck that feels 'safe' and 'solid', all-weather confidence with 4x4 models, a 'ready for anything' attitude and plenty of flexibility.

What owners dislike

Complaints may include poor performance from the four-cylinder engine, the 'shallow' cargo box, a noisy highway ride in terms of wind noise, and interior materials that are easily scratched and damaged.

Engine

Tacoma's engine selection consists of a 2.7-litre four-cylinder engine with dual camshafts and 16 valves for 159 horsepower and 180 pounds feet of torque. A four-litre V6 can be fitted, delivering 236 horses. Both engines could be mated to manual or automatic transmissions.

The verdict

Find the used Tacoma you're after, test drive with the above information in mind, and buy confidently once you've got a two-thumbs-up from your mechanic. A healthy and properly maintained Tacoma should be a fantastic used truck investment that can be enjoyed for years to come.

MORE THAN JUST GLASS AT NOVUS!
Winter is probably the harshest season for cars, owing to salted roads, vicious temperature swings, potholes, ice, and neglect. Now that spring is here, it's time to wipe away the grime and make your car look like new. Drop in today for the best car waxes and polishes from Fukken Wax, Mothers, Surf City Garage and Meguiars, to name a few.
novus Glass
Repair & Replacement
FUKKEN WAX
MOTHERS
Polishes • Waxes • Cleaners
260 Albert Street • 306.525.6444 • novus@sasktel.net • www.novusregina.com

Horoscopes

♈ Aries
March 21 - April 20
You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

♉ Taurus
April 21 - May 21
What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicions but today's cosmic set-up warns it's a bad idea to take chances.

♊ Gemini
May 22 - June 21
Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

♋ Cancer
June 22 - July 23
If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

♌ Leo
July 24 - Aug. 23
Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

♍ Virgo
Aug. 24 - Sept. 23
Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

♏ Scorpio
Oct. 24 - Nov. 22
You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

♐ Sagittarius
Nov. 23 - Dec. 21
If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

♑ Capricorn
Dec. 22 - Jan. 20
If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

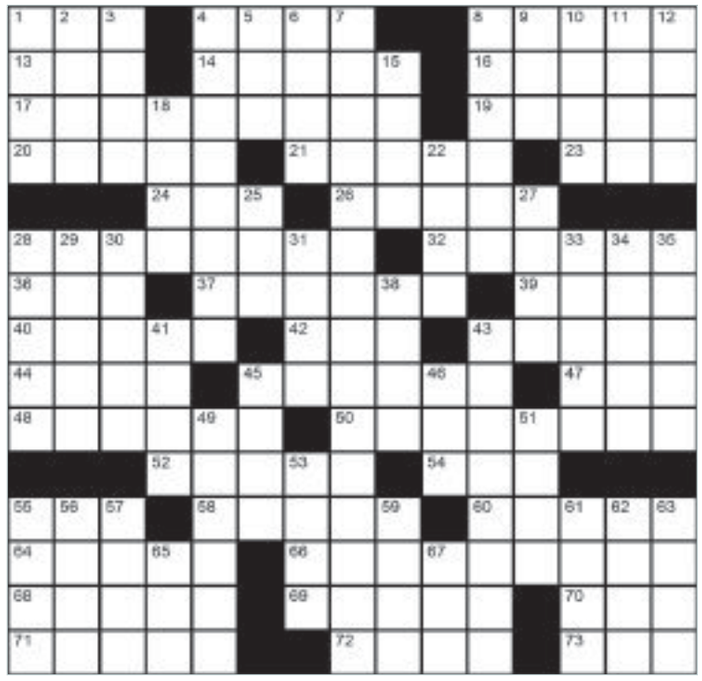
♒ Aquarius
Jan. 21 - Feb. 19
Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

♓ Pisces
Feb. 20 - March 20
If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

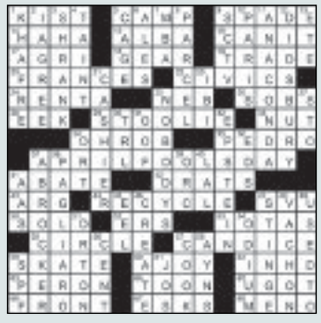
BY KELLY ANN BUCHANAN



Across
1. Actor Stephen
4. __-a-brac
8. Manitoba's highest elevation, __ Mountain
13. __ Dara (Jazz musician father of rap star Nas)
14. Ms. Remini's
16. Daisy type
17. Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
19. Freshen
20. Cream cheese flavour, __ & Onion
21. Card deck's Jack
23. Classified __
24. Suppositions
26. Stairway sound
28. It's protected in a National Park
32. Arm injury aids
36. Antacid brand
37. Skillful
39. Actress Ms. Petty
40. Lawyer's expertise
42. Newt variety
43. Additional
44. Bike part
45. Botch: 2 wds.
47. Freezer stuff
48. Humid
50. BC village; or, 'Lanes' to shop at in downtown Toronto
52. 1950s fashion, now
54. Mr. Gershwin
55. Camel hair garment
58. Broadway offerings
60. Stage, as of a cycling event, in France
64. __ Bay (Canadian body of water)
66. Licence plate motto: '__ British Columbia'
68. Unaccompanied
69. Accounting firm, __ & Young
70. Early hrs.
71. Early __ (Morning person)
72. Video game maker
73. Charlotte __

Down
1. Campus mil. program in The States
2. "In the Valley of __" (2007)
3. Posh car
4. Iris which is Quebec's provincial flower: 2 wds.
5. Home, briefly
6. "May _ __ a question?"
7. Typical weather forecast in April: 3 wds.
8. __ Shield (Biggest ecozone in Canada)
9. Big Joe Mufferaw's prop
10. Ms. Dunham
11. Tinted
12. Longbow woods
15. Incision mark
18. Roman love poet
22. Suit piece
25. Comedian Mr. Caesar
27. Tartan garb
28. Easts opposites
29. People of the Arctic
30. Longest river of France
31. Available
33. Pitcher's accomplishment, __-__ game
34. __-Roman (Wrestling)
35. Sea nymph
38. "__ _ blessing!"
41. Virtually
43. Gilbert & Sullivan output
45. Legendary story
46. Submachine gun type
49. Canadian folk musician, Don __ (b.1909 - d.1973)
51. Sixth/seventh notes, variantly
53. Boxer's pre-bout garb
55. Slightly open
56. Island of Indonesia
57. Old Testament: Book of __
59. Reasoned
61. From way out
62. Athletic footwear brand
63. Besides that
65. Hydrocarbon suffix
67. 18th President ...his monogram

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	4	7	3	6	9	5	1	8
6	9	8	2	5	1	7	3	4
3	5	1	7	8	4	9	6	2
9	1	2	5	7	8	6	4	3
8	6	5	4	9	3	1	2	7
7	3	4	6	1	2	8	9	5
1	7	3	9	2	5	4	8	6
5	2	9	8	4	6	3	7	1
4	8	6	1	3	7	2	5	9

Saskatchewan SENIOR FITNESS Association
YOU CAN DO IT!
COME OUT AND PLAY
LOTTERIES
YOU CAN DO IT!
This April and May, Regina Sport District will be offering up to 25 different games activities like cribbage, bridge, bocce ball, golf, predicted time walk and 5 pin bowling for people 55 years and over.
Membership cost is $7 for the year, ending March 31, 2015. You can enter as many different activities as you wish.
REGISTER AT THE FOLLOWING LOCATIONS IN APRIL:
April 3 - 12:30-3:30 p.m. Regina Senior Citizens Centre 2134 Winnipeg Street
April 9 - 12:30-3:30 p.m. Regina Senior Citizens Centre 2134 Winnipeg Street
April 14 - 1-4 p.m. NW Leisure Centre 1127 N Arnason Street
April 17 - 1-4 p.m. Regina Senior Citizens Centre 2404 Elphinstone Street
April 24 - 9:30 a.m.-3 p.m. Golden Mile Centre 3806 Albert Street
FOR MORE INFORMATION, CHECK OUR WEBSITE WWW.SSFA.CA FOR REGINA SPORT DISTRICT, CALL OR EMAIL 306-545-2148 • ABARSS@SASKTEL.NET

RELAY FOR LIFE
RELAIS POUR LA VIE

Canadian Cancer Society
Société canadienne du cancer

CELEBRATE

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FIGHT BACK

Saskatoon – June 13, 2014
Regina – June 20, 2014

Events will also be held in:

Assiniboia
Battlefords
Estevan
Kindersley
Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

Check the website for dates.

Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

Register. Volunteer. Donate.
Find out more at **relayforlife.ca/sk**